



ISSUE #3  
NOVEMBER 2011

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## HELLO FALL!

Fall is definitely upon us. With the chilly weather and the leaves changing colour, it is important to stay active. From all of us at [Walk-In Chiropractic Clinics](#), we hope you enjoy the Fall season! Whether it is apple picking, raking leaves or gathering for those beloved Sunday football games, we hope your pre-holiday season is a healthy one!

Sincerely,  
*Walk-In Chiropractic Clinics*

Follow us!



### Walk the Walk: What does your walk say about you

The old adage says you should always 'walk the walk.' Did you know that the way you move reflects your personality but can also reveal balance and posture issues you may not know you have?

Your walk identifies many traits about you; athleticism, confidence and grace are just a few examples. But your walk can also determine balance problems, ill support or even an undiagnosed injury.

It has been proven that for 7 out of every 10 people, their gait will eventually cause pain if it is not monitored and treated.

Our friends at Footmaxx Metascan put together this [video](#) to help you understand what your walk says about you.

### Footmaxx Feature

Have you ever experienced a burning sensation between your 3<sup>rd</sup> and 4<sup>th</sup> toe? Are your toes sensitive when wearing shoes?

These symptoms may lead to a diagnosis of [Morton's neuroma](#) (also known as intermetatarsal neuroma). Footmaxx can help! Click [here](#) to find out more.

### Avoiding the ache after you rake

The Fall season is here and although the colours are beautiful, the leaves scattered on your lawn aren't going to get rid of themselves.

Raking and other forms of yard work may be therapeutic but long hours of these activities can take a toll on your muscles and joints.

To transform your yard without causing stiffness, be sure to follow these easy [tips](#) and make sure to rake without the ache!

Check out these healthy yard work guidelines too!

- [Bend at the knees to lift with ease](#)
- [The right moves - the right tools](#)

### FALL CLINIC HOURS

**WEST CLINIC**

1608 Tecumseh Rd. W.  
519-258-9962  
(Windsor Medical Centre-West)

Monday	8:00 AM - 5:00 PM
Tuesday	8:00 AM - 5:00 PM
Wednesday	8:00 AM - 5:00 PM
Thursday	8:00 AM - 5:00 PM
Friday	8:00 AM - 5:00 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch 1:00 PM - 2:00 PM	

**EAST CLINIC**

6720 Hawthorne Dr.  
519-974-2211  
(Windsor Medical Centre-East)

Monday	7:30 AM - 5:00 PM
Tuesday	7:30 AM - 5:00 PM
Wednesday	7:30 AM - 5:00 PM
Thursday	7:30 AM - 5:00 PM
Friday	7:30 AM - 4:30 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch 1:00 PM - 2:00 PM	



